

MOTION BY MAYOR MICHAEL D. ANTONOVICH

MAY 12, 2015

**LOS ANGELES COUNTY HEART WALK MONTH**

The 2015 Los Angeles County Heart Walk is a non-competitive 5K walk promoting physical activity and heart-healthy living in a fun, family environment. Funds raised through the Heart Walk support research and outreach to individuals at risk for cardiovascular disease.

The annual Heart Walk has become an opportunity for people to improve their health by walking and raising funds to help fight heart disease and stroke. The Heart Walk creates a stronger community among participants and survivors, instills passion to reduce disability and death from cardiovascular diseases and stroke, and generates excitement for a new or renewed commitment to heart-healthy living. This year, more than 20,000 participants are expected to show their support and demonstrate their commitment to fighting Los Angeles County's number one and number two killers – heart disease and stroke.

Three Heart Walks will be held in Los Angeles County this year. The dates are as follows:

- Rose Bowl in Pasadena – September 26
- Rainbow Lagoon in Long Beach – October 3
- Bridgeport Park in Santa Clarita – October 10

Several County departments will join this year's Heart Walk to support the mission of the American Heart Association. In support of this effort, County departments' wellness coordinators will be asked to disseminate information regarding the Heart Walk and encourage colleagues to support and participate in these events.

- MORE -

**MOTION**

SOLIS \_\_\_\_\_

RIDLEY-THOMAS \_\_\_\_\_

KUEHL \_\_\_\_\_

KNABE \_\_\_\_\_

ANTONOVICH \_\_\_\_\_

Because so many of us have been touched by heart disease in our families and circle of friends, and because the Heart Walk supports the goals of this Board to improve the health of all County residents by encouraging physical exercise and healthy living,

**I, THEREFORE, MOVE** that the Board of Supervisors take the following actions:

1. Direct every County department to support the Los Angeles County Heart Walk by registering and supporting fundraising efforts;
2. Direct the County Department Public Information Officers (PIO) to distribute materials and promote related to Greater Los Angeles County Heart Walk;
3. Direct County departments' wellness coordinators to promote the 2015 American Heart Association Heart Walk and encourage colleagues to participate and support;
4. Direct the Auditor-Controller to publicize the Heart Walk events on the July 15, 2015 paycheck run and encourage active employee participation; and
5. Proclaim the month of September 2015 as "Los Angeles County Heart Walk Month", in support of the event, which encourages all employees to live a healthier lifestyle and reduce risk for heart attack and stroke.

# # #

**CONTACT:**

Violet J. Ruiz  
Director, Government Relations  
Greater Los Angeles/Ventura American Heart Association  
816 South Figueroa Street, Los Angeles, CA 90017  
(213) 291-7016

MDA:flh

s:\motions\Heart Walk Month